



# THE DUE DILIGENCE CHALLENGE

## A Guide to Accurate Database Nutrition Analysis

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# DUE DILIGENCE WITH DATABASE NUTRITION ANALYSIS

*Due diligence* is a term that describes the process of performing obligatory nutrition analysis tasks. The performance utilizes deep knowledge of food composition and professional wisdom that leads to accurate and fully-compliant nutrition information for packaged foods and restaurant menu items on a per serving basis. The process enables food labelers to find or reasonably deduce answers when facts aren't readily available.

## Nutrition Analysis: 8-Step Process

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# Nutrition Analysis

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## STEP 1:

### Gather Your Data Sources

**Establish** the list of ingredients used in the recipes you will be analyzing.

**Determine** the nutrients you will be tracking.

**Have at hand** a research-quality database. Food Consulting Company uses *Genesis R&D* from ESHA Research.

**Evaluate** all supplier specification sheets for usability or need for further information. Ideally, you want information that includes:

- Unrounded nutrient data
- Complete data for all nutrients you are tracking
- Data for moisture and ash
- Proximates (protein, carbohydrate, fat, moisture, ash) that add up to 100% of the reported weight (typically 100 grams)
- Calories that make sense in the context of 4-4-9 formula, Atwater factors, or another FDA-allowed method for calorie calculation
- Fat components (saturated, monounsaturated, polyunsaturated, trans) that make sense in the context of total fat
- Carbohydrate components (dietary fiber, sugars, sugar alcohol, other carbohydrates) that make sense in the context of total carbohydrate
- The source of the data
- Data that passes your own “common sense” test for the item being described